



# MEASUREMENT GUIDE

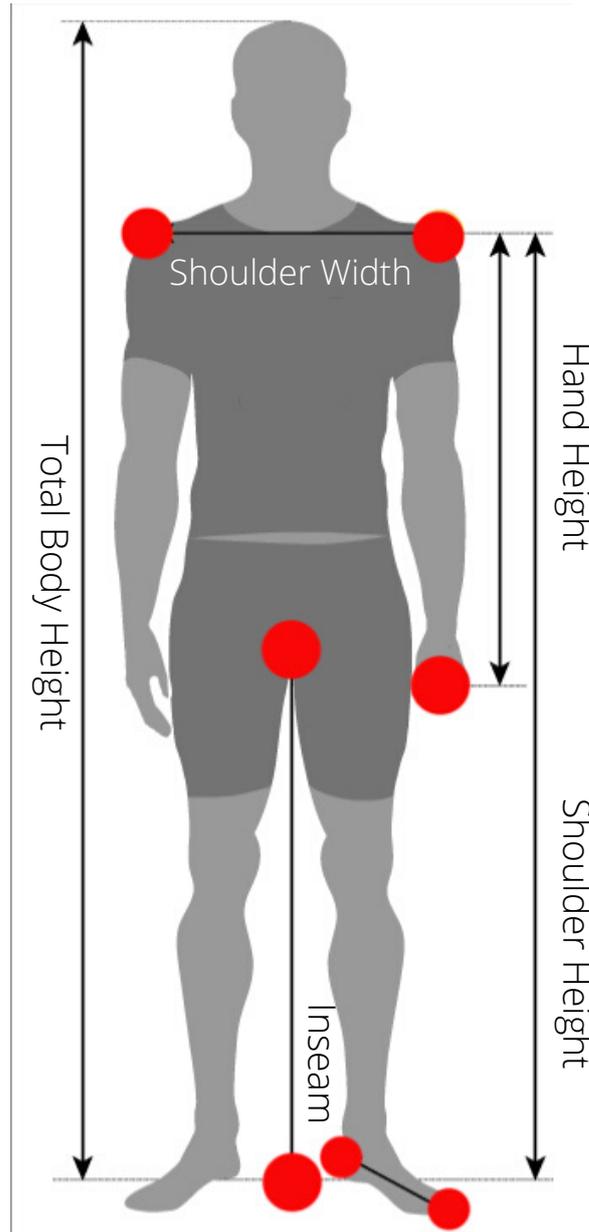
## How To Measure For Frame Sizing

One of the key criteria in ensuring that a bike is the right one for you is how you fit on that specific bike. In general terms this means that no matter how far or fast you wish to ride the set up should be comfortable enough that your position on the bike itself does not cause you pain or discomfort.

While we will recommend a frame size and set up on a bike it does not always mean that there is only one size frame that will work for you. Depending on your riding style different frame sizes within a model may give equally valid solutions. What we aim to do is find the frame size that not only fits but ensures the bike performs the way you desire. With this approach we are considering your total ride experience not just which frame size you can be jammed on to.

The following steps provide us with the measurements that allow us to recommend a frame size and set up (saddle height, bar width, stem length etc) with a considerable degree of accuracy. However, these recommendations are only as accurate as the measurements you take. We recommend that when in doubt measure 2 or 3 times to confirm the accuracy of your number. The more care and attention to detail you can apply the better the outcome.

NB: IMPORTANT - remove your shoes or other footwear before taking these measurements. It is okay to leave your socks on and we recommend not wearing tight fitting clothing so as not to restrict your freedom of movement. You DO NOT need to have your cycling kit on to take these measurements.



### Step 1 - Total Body Height (cm)

Remain standing against the wall with your feet 20cm (8") apart. Set a hardback book or a ruler on top of your head and make sure it touches the wall without sagging. Mark the wall at the point where the book or ruler meets your head. Measure from this point to the floor.

### Step 2 - Torso Height (cm)

Stand up against the wall. Set your feet approximately 20cm (8"). Find the sternal notch in your neck – it's the bony "V" immediately beneath your Adam's apple. Measure the distance from the apex of the notch to the floor.

### Step 3 - Inseam (cm)

Set your feet approximately 20cm (8") apart and straddle a straight edge – something like a square or a level is ideal. Put as much pressure on your crotch as you feel when sitting on your bike seat. If it feels slightly uncomfortable that is probably about right. Measure the distance from the top of the level to the ground. Alternatively, mark the wall, then step away and take the measurement of the mark to the ground.

### Step 4 - Shoulder Height - Left and Right (cm)

Stand with your back straight and your pelvis hard against the wall. Place the level on top of your AC (Acromioclavicular) joint (see below) against the wall. The AC is the bony bump on top of your shoulder. Measure from the bottom of the level to the floor. Measure both sides of your body.



#### Step 5 - Hand Height - Left and Right (cm)

Standing with your back to the wall and hold a cylindrical object (a marker pen is ideal) in your fist. Lower your arm so that it is to your side and your arm fully extended towards the ground. You should feel like you are standing at attention. Mark against the wall where the centre of the marker in your fist. Measure from that mark to floor. Repeat for the other side of your body.

#### Step 6 - Shoe Size (Eu)

Use your current cycling shoes for reference. The sizing of your shoe is often on the inside of the tongue or inside the shoe near the heel. Euro sizes will be in the range 36-52.

#### Step 7- Shoulder Width (cm)

You will need assistance for this measurement. Measure the distance from the centre of one shoulder to the other. For smaller riders this will most likely be in the range of 36-42cm and for larger riders can be up to 46cm.

Once you have completed the measurements fill in the form on the web page and we will be in contact with your recommended frame size. If you are ordering a complete bike this process will also let us know what is the appropriate seat post set back, bar width and stem length to fit to your bike.

Should you have any further questions refer to our fit page where you can email or book a meeting with one of our bike fit consultants.